

Quit Resource List

Most of us know that quitting tobacco use can be very difficult. To make it a little easier, below is a list of organizations that offer smoking cessation classes or support in Memphis and Shelby County. Choose one of these programs or support services as a starting point for a healthier you!

<i>Organization</i>	<i>Program</i>	<i>Contact Info.</i>	<i>Description</i>	<i>Fee</i>	<i>Hours of Operation</i>
Memphis/Shelby County Health Department	Tobacco Risk Reduction Program	Alicia Peterson 814 Jefferson Ave., Memphis, TN 38105 901-544-6856	Provide educational materials, presentations, and referrals.	No fee	M-F 8am-4:30pm
State of Tennessee	Tennessee Tobacco Quitline	1-800-QUIT-NOW; 1-877-559-3816 for the hearing impaired	Free Tobacco Quit Kit, a QUIT Coach and information to deal with cravings and other tobacco challenges	Free to all Tennessee residents	M-F 8am-11pm Sat. 9am-6pm Sun. 11am-5pm
Church Health Center Wellness	Commit to Quit	Shelia Harrell 1115 Union Ave., Memphis, TN 38104 901-259-4673 Ext. 1604 churchhealthcenter.org	Classes held at Hope and Healing for 6 weeks on Tues. from 6-7pm. <u>Sign up required.</u>	Free to CHC patients & Hope and Healing members; \$60 for community	Call for available times.
Concern EAP	Train the Trainer	Judy Bookman 2670 Union Ext., Suite 610, Memphis, TN 38112 901-458-4000	Training program for employers who wish to start a smoking cessation program.	Call for details	Call for details

University of Tennessee Health Science Center	TARGIT Research Study	Margaret Caufield 66 N. Pauline St. Memphis, TN 38163 901-458-8400 Ext. 6732	To enroll you must be 18-35 yrs. old, normal or overweight, and smoke 10+ cigarettes per day. *Enrollment begins AUGUST 2010.	No fee. Reimbursement for time & travel; \$250 for follow-up visits.	M-F 8am-4pm
VA Medical Center	Smoking Cessation Program	Bridget Truman, Ph.D. 1030 Jefferson Ave. Memphis, TN 38104 901-523-8990 Ext. 5067	Offers group sessions every Friday at 11am. VETERANS ONLY.	No fee for eligible veterans	M-F 7:45am - 4:15 pm
VA Medical Center-North Outpatient Clinic	Time to Quit Orientation	Dennis Meeks/ Dr. Teresa Cook 3461 Austin Peay Hwy. Memphis, TN 38127 901-261-4500	Offers one on one counseling and group sessions. Group meetings are every Tues. at 10 am. VETERANS ONLY.	No fee for eligible veterans. Veterans must be enrolled at North Clinic.	M-F 7:30am-4pm
VA Medical Center-South Clinic	Smoking Cessation Program	Rosemary Campbell 1056 East Raines Rd. Memphis, TN 38116 901-271-4900	Offers one-on-one counseling by doctor referral only. Patches, medication, and hypnosis are options. VETERANS ONLY.	No fee for eligible veterans	M-F 7:30am-4:30pm
American Cancer Society	Fresh Start	Reginald Bernard 1378 Union Ave., Memphis, TN 38104 901-278-3038 www.cancer.org	Train the trainer program. Be trained on the dangers and health risks of tobacco and be able to teach information to others.	No fee	M-F 8am-5pm
American Heart Association		2170 Business Center Dr., Ste. 1 Memphis, TN 38134 901-383-5400 www.americanheart.org	Provides information, self-help materials and referrals to community resources	No fee	M-F 8am-5pm

Tobacco addiction is strong, but you are stronger.